# Avalanche

USER'S MANUAL

GB
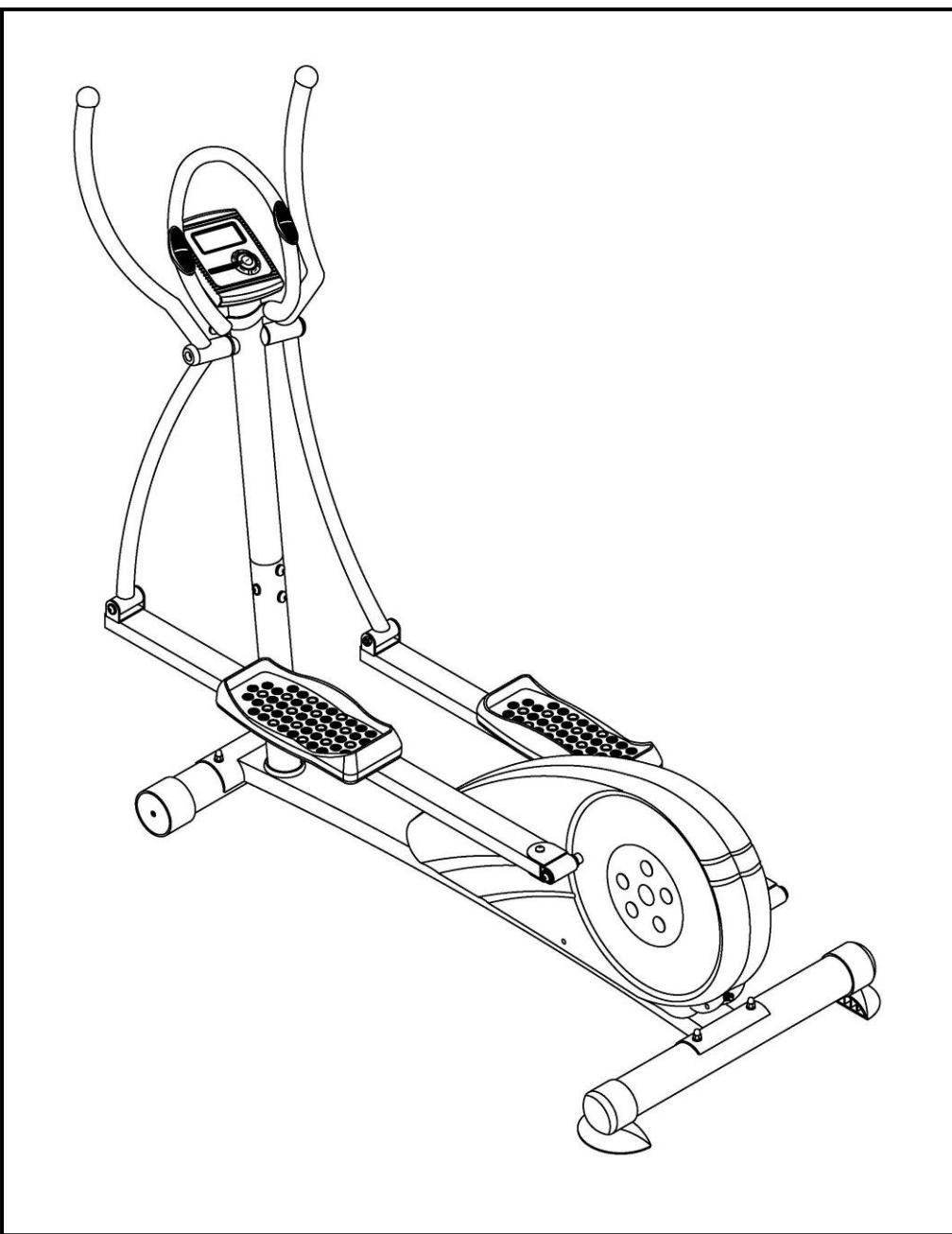
BODYWORX

This quality product is designed, manufactured, tested and certified for enhanced Fitness Training.

Dear Customer,

We want to thank you for having chosen an ELLIPTICAL TRAINER product and wish you have a lot of fun and success during training.
Please note and follow the enclosed safety and assembly instructions carefully.
If you have questions please do not hesitate to contact us.

Table of Content:

Safety Instructions ⓖⓑ

Before you start training on your home ELLIPTICAL TRAINER, please read the instructions carefully.
Be sure to keep the instructions for information, in case of repair and for spare part delivery.

- The Avalanche is made for home use only and tested up to a max.body weight of 100 kg.
- Follow the steps of the assembly instructions carefully.
- Use only original parts as delivered.
- For assembly, use only suitable tools and ask for assistance with assembly if necessary.
- Place the bike on an even, non-slippery surface. Because of possible corrosion, the usage of the home exercise bikes in moist areas is not recommended.
- Check before the first training and every 1-2 months that all connecting elements are tight fitting and are in the correct condition.
  Replace defective components immediately and/or keep the equipment out of use until repair.
  For repairs, use only original spare parts.
- In case of repair please ask your dealer for advice
- Avoid the use of aggressive detergents when cleaning the home exerciser.
- Ensure that training starts only after correct assembly and inspection of the item.
- For all adjustable parts be aware of the maximum

positions to which they can be adjusted/tightened to.
- The home exerciser is designed for adults. Please ensure that children use it only under the supervision of an adult.
- Ensure that those present are aware of possible hazards, e.g. movable parts during training.
- Consult your physician before starting with any exercise programme. He can advise on the kind of training and which impact is suitable.
  Warning: incorrect/excessive training can cause health injuries.
- Please follow the advice for correct training as detailed in training instructions.
- The load/work level can be adjusted by turning the UP/Down knob on the computer.
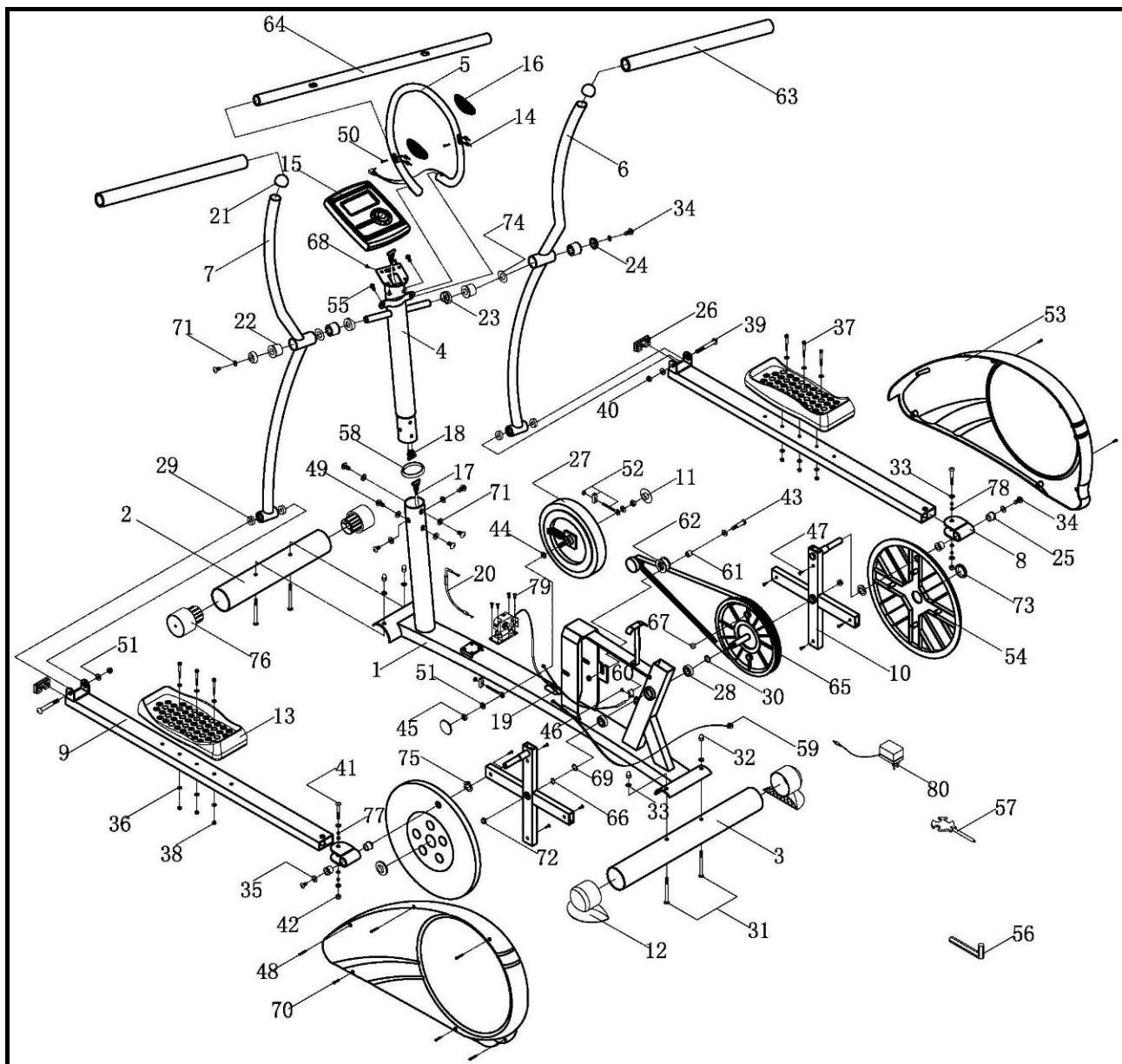
Step 1 GB

1. Fasten the front stabilizer (2) to the main frame (1), secure with 2 sets of carriage bolt (31), washer (33) & cap nut (32) from the underside of stabilizer.


Step 2 GB

1. Fasten the rear stabilizer (3) to main frame (1), secure with 2 sets of carriage bolt (31), washer (33) & cap nut (32) from the underside of stabilizer.


Step 3 GB

1. Unscrew 6 sets of bolt (49) & washer (71) from handlebar post (4).
2. Connect upper computer cable (18) with lower computer cable (17) securely
3. Put handlebar post (4) into main frame (1). Fix it with 6 sets of bolt (49) & washer (71) again.
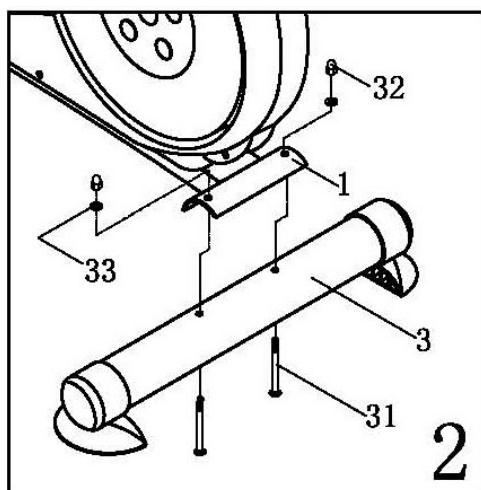

Step 4 GB

1. Plug upper computer cable (18) to jack where is back of computer (15) securely.
2. Attach and fix computer (15) onto bracket at top of handlebar post (4) by 4 bolts (68) tightly.
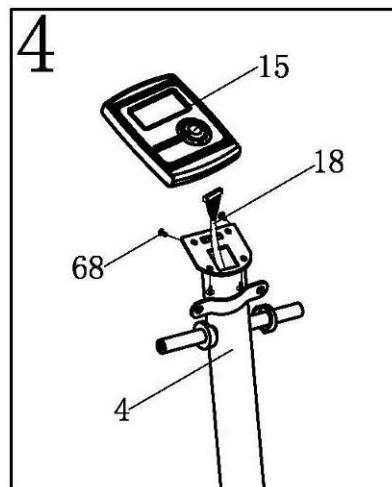
1. Place oval fix post (5) to handlebar post (4), and secure with 2 bolts (55) tightly.
2. Plug hand pulse sensor wire (14) to jack where is back of computer (15) securely.
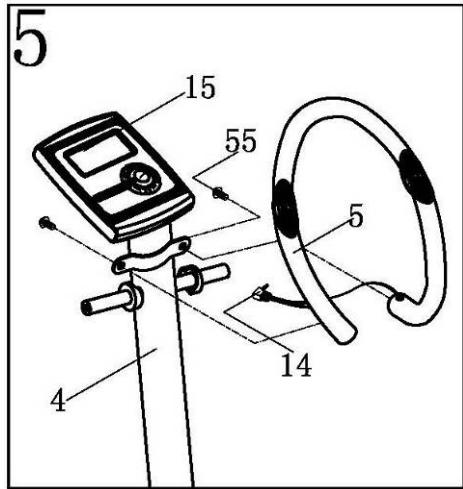
1. Attach the end of right pedal bar (9) to the axle of cross bar (10) with 1 washer (75). Secure with 1 set of screw (34) & washer (35) tightly.
2. Do the same for the left pedal bar (9).
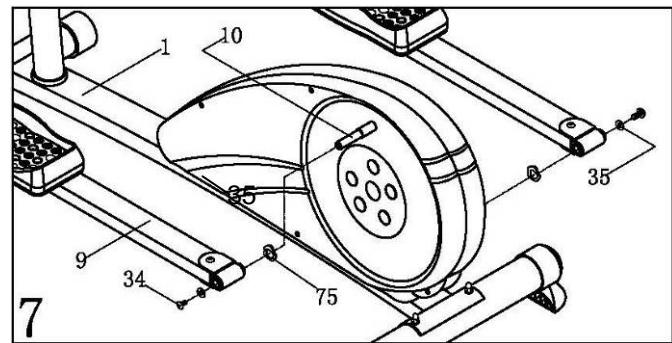
1. Attach the swing bar-right (6) to the axle of handlebar post (4) with 1 washer (74) and secure with 1 cap (24), washer (71) & bolt (34) tightly.
2. Do the same to the swing bar-left (7).
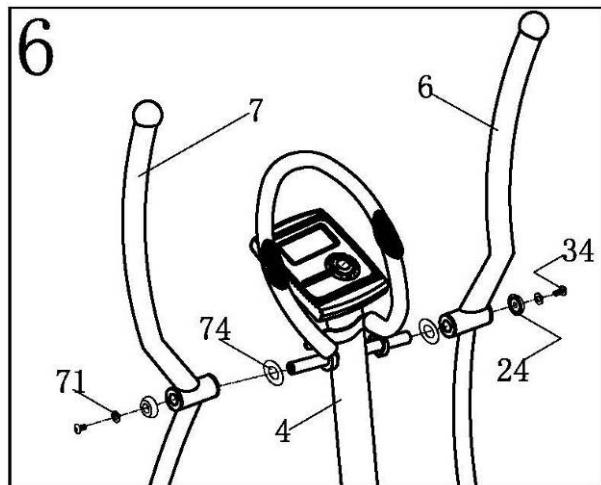
1. Attach the end of right swing bar (6) to the front of right pedal bar (9) and secure with 1 set of bolt (39), washer (51) & nut (40) tightly.
2. Do the same for the left swing bar (7).
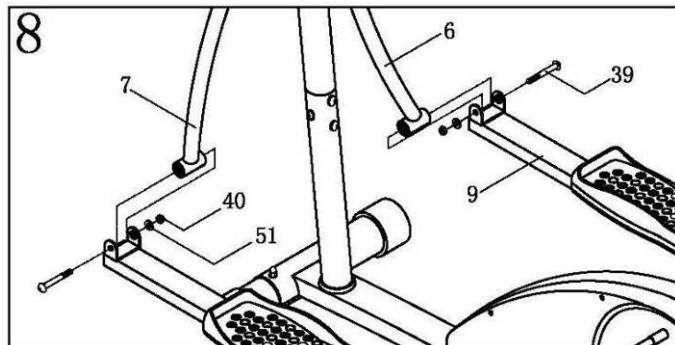
1. Attach adaptor (80) to jack (59) where is back of main
   frame (1) securely.

- 6 -
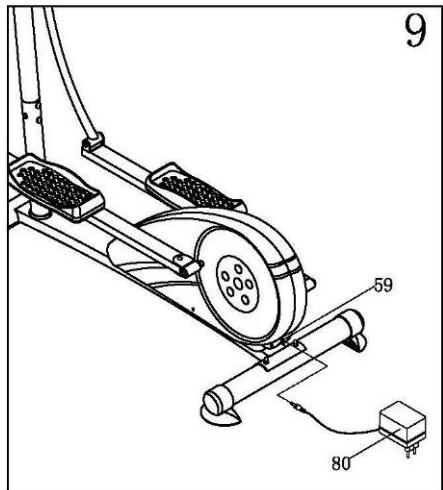
Display Console Overview:

The things you should know before exercise

A. Input Power

Plug in the adaptor to the equipment or install the batteries inside the battery room then the computer will produce a beep sound and turn on the computer at the Manual mode.

B. Program select and setting value

1. Use the UP or DOWN keys to select program mode and then press ENTER to confirm your exercise mode.

2. At the Manual mode, the computer will use the UP or DOWN keys to set up your exercise TIME, DISTANCE, CALORIES.

3. Press the START/STOP key to start exercise.

4. When you reach the target, the computer will produce beep sounds and then stop.

5. If you set up more than one target and you would like to reach next target, press START/STOP key to keep on exercise.

C. Clock Mode:

1. After plug-in AC adaptor then the LCD will display at the Clock mode for user to input the current hour by 24 hours and minute by 60 minutes. After setting up the clock then the monitor will display the hour-minute and second bar on the screen. Two seconds display one bar. Also display the current temperature on the screen. Press any key to quit the CLOCK mode except the ENTER key.

2. The computer will enter the clock mode when there is no signal input or no keys be pressed after 4 minutes. You can press ENTER key to switch the clock and temperature at the clock mode or press other keys to quit the clock mode except the ENTER key.

3. By holding the ENTER and UP keys together for over two seconds, you can switch to the CLOCK mode during the STOP mode.

4. You can set up the CLOCK by holding ENTER key for over 2 seconds when switch to CLOCK mode from STOP mode then you can set up TIME by UP or DOWN keys.

Functions and Features:

1. Quick Start key: Allows you to start the computer without selecting a program. TIME automatically begins to count up from zero. Use the UP and DOWN keys to adjust the resistance.

2. TIME: Shows your elapsed workout time in minutes and seconds. Your computer will automatically count up from 0:00 to 99:59 in one second intervals. You can also program your computer to count down from a set value by using the UP and DOWN keys. If you continue exercising once the time has reached 0:00, the computer will begin beeping, and reset itself to the original time set, letting you know your workout is done.

3. DISTANCE: Displays the accumulative distance traveled during each workout up to a maximum of 99.9KM/MILE.

4. RPM: Your pedal cadence.

5. WATT: The amount of mechanical power the computer is receiving from your exercise.

6. SPEED: Displays your workout speed value in KM/MILE per hour.

7. CALORIES: Your computer will estimate the cumulative calories burned at any given time during your workout.

8. PULSE: Your computer displays your pulse rate in beats per minute during your workout.

9. AGE: Your computer is age-programmable from 10 to 99 years. If you do not set an age, this function will always default to age 35.

10. TARGET HEART RATE (TARGET PULSE): The heart rate you should maintain is called your Target Hear Rate in beats per minute.

11. PULSE RECOVERY: During the START stage, leave the hands holding on grips or leave the chest transmitter attached and then press "PULSE RECOVERY" key, all function displays will stop except "TIME". Time starts counting from 00:60 - 00:59 - - to 00:00. As soon as 00:00 is reached, the computer will show your heart rate recovery status with the grade F1.0 to F6.0.

$$1.0 \quad \text{means OUTSTANDING}$$
$$1.0 < F < 2.0 \text{ means EXCELLENT}$$
$$2.0 \leq F \leq 2.9 \text{ means GOOD}$$
$$3.0 \leq F \leq 3.9 \text{ means FAIR}$$
$$4.0 \leq F \leq 5.9 \text{ means BELOW AVERAGE}$$
$$6.0 \quad \text{means POOR}$$

Note: If no pulse signal input then the computer will show "P" on the PULSE window. If the computer shows "ERR" on the message window, please re-press the PULSE RECOVERY key and please make sure your hands are keeping well on the grips or the chest transmitter is attached well.

Key function:

There are 6 button keys and the function description as follows:

1. START/STOP key: a. Quick Start key function: Allows you to start the computer without selecting a program. Manual workout only. Time automatically begins to count up from zero

    b. During the exercise mode, press the key to STOP exercise.

    c. During the stop mode, press the key to START exercise.

2. UP key: a. Press the key to increase the resistance during exercise mode.

    b. During the setting mode, press the key to increase the value of Time, Distance, Calories, Age and select Gender and Program.

3. DOWN key: a. Press the key to decrease the resistance during exercise mode.

    b. During the setting mode, press the key to decrease the value of Time, Distance, Calories, Age and select Gender and Program.

4. ENTER/RESET key: a. During the setting mode, press the key to accept the current data entry.

    b. At the stop mode, by holding this key for over two seconds the user can reset all values to zero or default value.

    c. During setting the Clock, press this key can accept the setting hour and setting minute.

5. BODY FAT / MEASURE key: Press the key to input your HEIGHT, WEKGHT, GENDER and AGE then to measure your body fat ratio,

6. PULSE RECOVERY key: Press the key to activate heart rate recovery function.

Program Introduction & Operation:

Manual Program: Manual

P1 is a manual program. User can start exercise by pressing START/STOP key. The default resistance level is 5. Users may exercise in any desirous of resistance level (Adjusting by UP/DOWN keys during the workout) with a period of time or a number of calories or a certain distance.

Operations: 1. Use UP/DOWN keys to select the MANUAL (P1) program.

2. Press the ENTER key to enter MANUAL program.

3. The TIME will flash and you can press UP or DOWN keys to setting your exercise TIME. Press ENTER key to confirm your desired TIME.

4. The DISTANCE will flash and you can press UP or DOWN keys to setting your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.

5. The CALORIES will flash and you can press UP or DOWN keys to setting your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.

6. Press the START/STOP key to begin exercise.

Preset Program: Steps, Hill, Rolling, Valley, Fat Burn, Ramp, Mountain, Intervals, Random, Plateau, Fartlek, Precipice Program

PROGRAM 2 to PROGRAM 13 is the preset programs. Users can exercise with different level of loading in different intervals as the profiles show. Users may exercise in any desirous of resistance level (Adjusting by UP/DOWN keys during the workout) with a period of time or a number of calories or a certain distance.

Operations: 1. Use UP/DOWN keys to select one of the above programs from P2 to P13.

2. Press the ENTER key to enter your workout program.

3. The TIME will flash and you can press UP or DOWN keys to setting your exercise TIME. Press ENTER key to confirm your desired TIME.

4. The DISTANCE will flash and you can press UP or DOWN keys to setting your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.

5 The CALORIES will flash and you can press UP or DOWN keys to setting your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.

6 Press the START/STOP key to begin exercise.

User Setting Program: User 1, User 2, User 3 and User 4

Program 14 to 17 is the user setting program. Users are free to create the values in the order of TIME, DISTANCE, CALORIES and the resistance level in 10 columns. The values and profiles will be stored in the memory after setup. Users may also change the ongoing loading in each column by UP/DOWN keys, and they will not change the resistance level stored in the memory.

Operations: 1. Use UP/DOWN keys to select the USER program from P14 to P17.

2. Press the ENTER key to enter your workout program.

3. The column 1 will flash, and then use the UP/DOWN keys to create your personal exercise profile. Press ENTER to confirm your first column of exercise profile. The default level is load 1.

4. The column 2 will flash, and then use the UP/DOWN keys to create your personal exercise profile. Press ENTER to confirm your second column of exercise profile.

5. Follow the above description 5 and 6 to finish your personal exercise profiles. Press ENTER to confirm your desired exercise profile.

6. The TIME will flash and you can press UP or DOWN keys to setting your exercise TIME. Press ENTER key to confirm your desired TIME.

7. The DISTANCE will flash and you can press UP or DOWN keys to setting your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.

8. The CALORIES will flash and you can press UP or DOWN keys to setting your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.

9. Press the START/STOP key to begin exercise.

Watt Control Program: Watt Control

Program 18 is a Speed Independent Program. Press ENTER key to set up the values of TARGET WATT, TIME, DISTANCE and CALORIES. During the exercise mode, the level of resistance is not adjustable. For example, the level of resistance may increase while the speed is too slow. Also the level of resistance may decrease while the speed is too fast. As a result, the calculated value of WATT will close to the value of TARGET WATT setup by users.

Operations: 1. Use UP or DOWN key to select the WATT CONTROL (P23) program.

2. Press ENTER key to enter your workout program.

3. The TIME will flash and you can press UP or DOWN key to set your exercise TIME. Press ENTER key to confirm your desired TIME.

4. The DISTANCE will flash and you can press UP or DOWN key to set your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.

5. The WATT will flash and you can press UP or DOWN key to set your target WATT value. Press ENTER key to confirm your target WATT. The default WATT value is 100.

6. The CALORIES will flash and you can press UP or DOWN key to set your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.

7. Press the START/STOP key to begin exercise.

NOTE: 1. WATT = TORQUE (KGM) * RPM * 1.03

2. In this program, the WATT value will keep constant value. It means that if you peddle quickly, the resistance level will decrease and if you peddle slowly, the resistance level will increase. Always try to keep you in the same watt value.

Body Fat Program: Body Fat

Program 19 is a special program design to calculate users' body fat ratio and to offer a specific loading profile for users. There are 3 body types divided according to the FAT% calculated.

Type1: BODY FAT% > 27

Type2: 27 $\geq$ BODY FAT% $\geq$ 20

Type3: BODY FAT % < 20

The computer will show the test results of FAT PERCENT, BMI and BMR.

Operations: 1. Use UP/DOWN keys to select the BODY FAT (P24) program.

2. Press the ENTER key to enter your workout program.

3. The HEIGHT will flash and you can press UP or DOWN keys to set your HEIGHT. Press ENTER key to confirm your HEIGHT. The default HEIGHT is 170cm or 5'07" (5feet 7 inches).

4. The WEIGHT will flash and you can press UP or DOWN keys to set your WEIGHT. Press ENTER key to confirm your WEIGHT. The default WEIGHT is 70kgs or 155lbs.

5. The GENDER will flash and you can press UP or DOWN keys to select your sex. Number 1 means man and number 0 means female. Press ENTER key to confirm your Gender. The default sex is 1 (MAN).

6. The AGE will flash and you can press UP or DOWN keys to set your AGE. Press ENTER key to confirm your AGE. The default AGE is 35.

7. Press the START/STOP key to begin body fat measurement. If the window show E on the window, please make sure your hands are attached well on the grips or the chest belt is touch well on your body. Then press the START/STOP key again to begin body fat measurement.

8. After finished your measurement, the computer will show the values of BMR, BMI and FAT PERCENT on the LCD display. Furthermore, the computer will show your own exercise profile for your body type.

9. Press START/STOP key to begin exercise.

Operation guide:

1. BMI (Body Mass Index): BMI is a measure of body fat based on height and weight that applies to both adult men and women.

2. BMR (Basal Metabolic Rate): Your Basal Metabolic Rate (BMR) shows the number of calories your body needs to operate. This doesn't account for any activity, it's simply the energy needed to sustain a heartbeat, breathing and normal body temperature. It measures the body at rest, not sleep, at room temperature.

Error Message:

E1 (ERROR 1):

Normal state: During workout, when the monitor did not get the count signal from the gear motor more than 4 seconds and check under successive 3 times then the LCD will show E1.

Power on state: The gear motor will return to zero automatically, when the signal of motor cannot be detected for more than 4 seconds then the gear motor's driver will be cut off immediately and show the E1 on the LCD display. All the other digital and function mark are blank, and the output signals are cut off also.

E2 (ERROR 2): When the monitor read the memory data, if the I.D. code is not correct or the memory IC damages then the monitor will show E2 immediately at power on.

E3 (ERROR 3): After 4 seconds by start mode, the computer detects the faulty motor did not leave the zero point then the LCD bar displays "E3".

Technical data of the current adapter or battery:

1. Available for Input: 230V/50Hz or 60Hz   Output: 6V AC/0.5A
2. Available for Input: 110V/50Hz or 60Hz   Output: 6V AC/0.5A

LCD Workout Graphics

PRESET PROGRAM PROFILES:
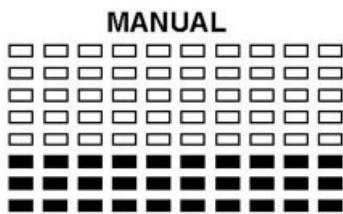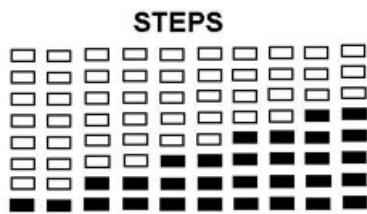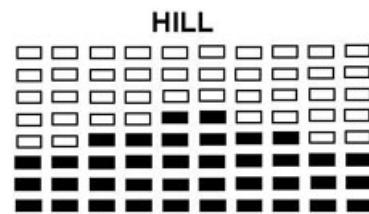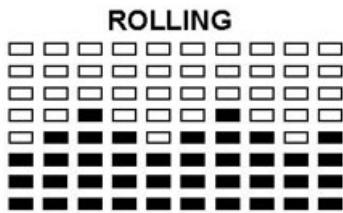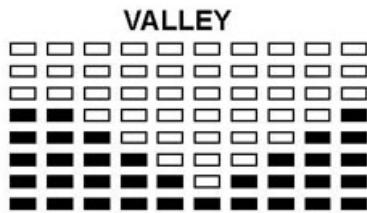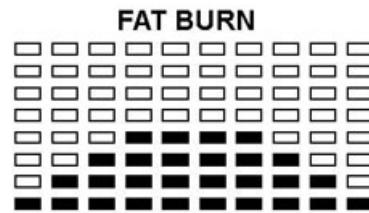
PROGRAM 1

MANUAL

PROGRAM 2

STEPS

PROGRAM 3

HILL

PROGRAM 4

ROLLING

PROGRAM 5

VALLEY

PROGRAM 6

FAT BURN

PROGRAM 7

RAMP

PROGRAM 8

MOUNTAIN

PROGRAM 9

INTERVALS

PROGRAM 10

RANDOM

PROGRAM 11

PLATEAU

PROGRAM 12

FARTLEK

PROGRAM 13

PRECIPICE
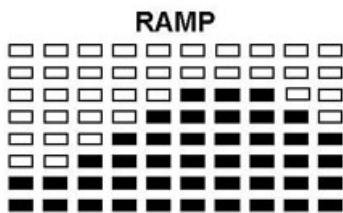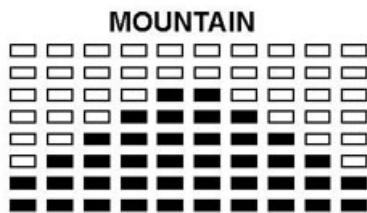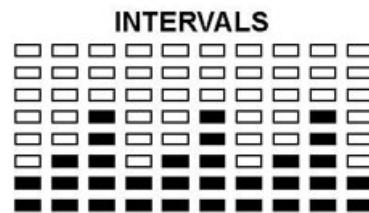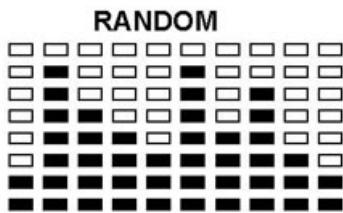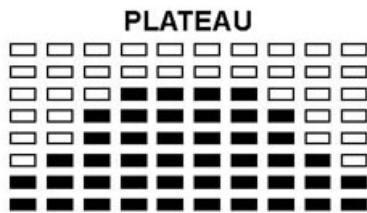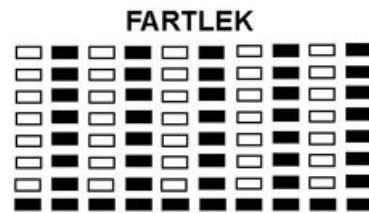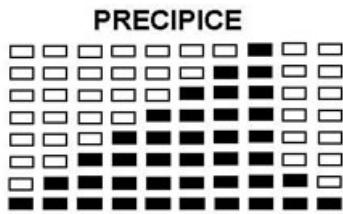
USER SETTING PROGRAM

PROGRAM 14

USER 1
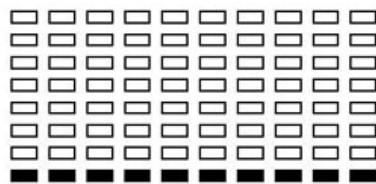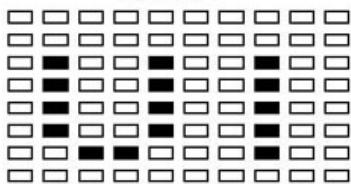

PROGRAM 15

USER 2
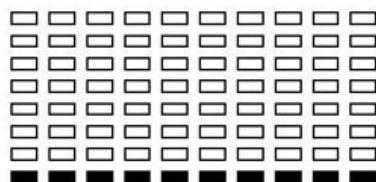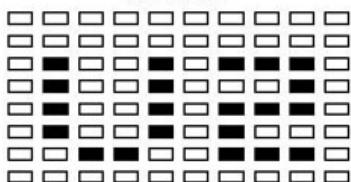
PROGRAM 16

USER 3
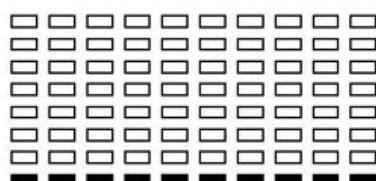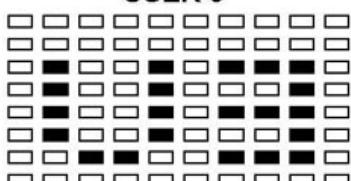
PROGRAM 17

USER 4
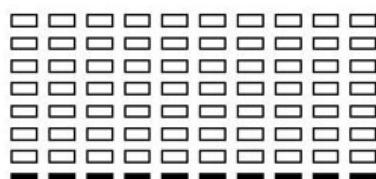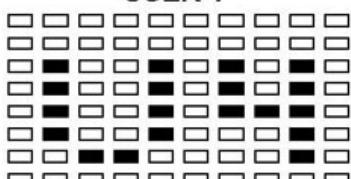
HEART RATE PROGRAM PROFILES:

PROGRAM 18

55% H.R.C.
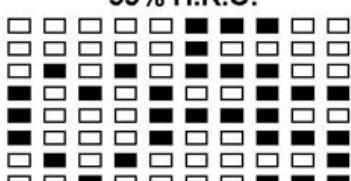
Press ENTER key
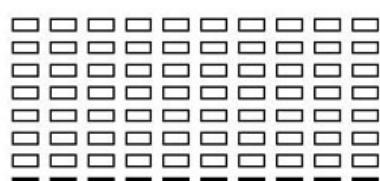
PROGRAM 19

65% H.R.C.
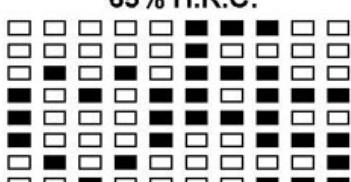
Press ENTER key
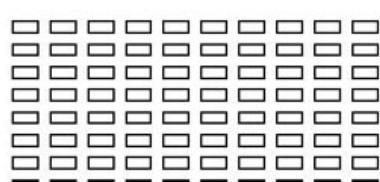
PROGRAM 20

75% H.R.C.
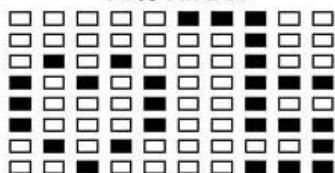
Press ENTER key →
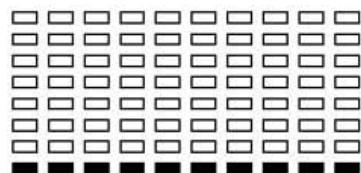
PROGRAM 21

85% H.R.C.
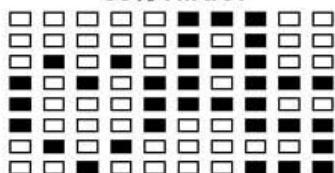
Press ENTER key →
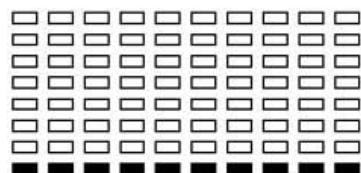
PROGRAM 22

TARGET H.R.C.
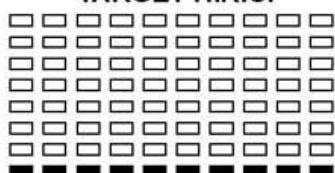
WATT CONTROL PROGRAM

PROGRAM 23

WATT CONTROL

→
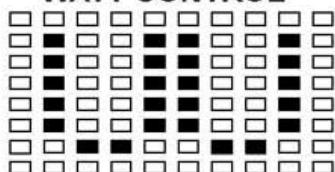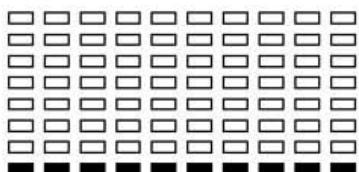
BODY FAT TEST PROGRAMS:

PROGRAM 24
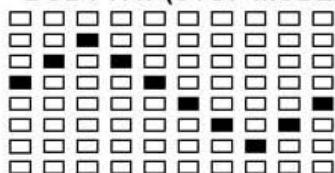
BODY FAT (STOP MODE)　　　　　　**BODY FAT (START MODE)**

→
←
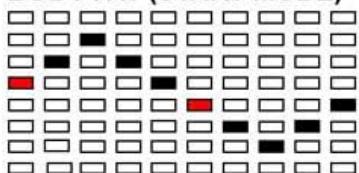
One of the Following Six Profiles Will Display Automatically after Measuring Your BODY FAT:
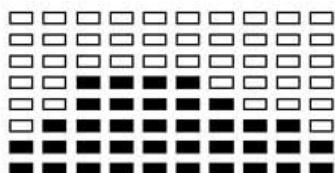
Workout Time: 40 minutes　　　　Workout Time: 40 minutes　　　　Workout time: 20 minutes
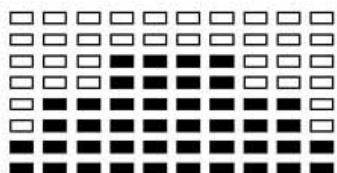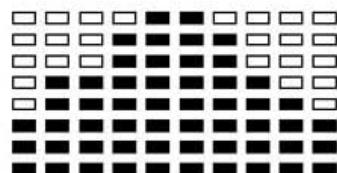
- 15 -
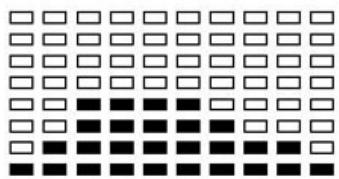
Workout Time: 40 minutes
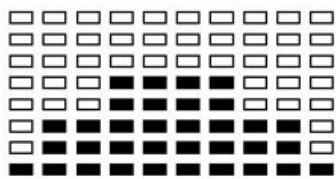
Workout Time: 40 minutes
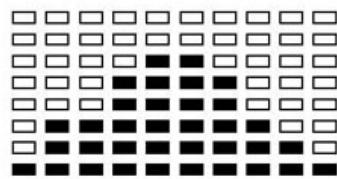
Workout time: 20 minutes

Training Instructions

To achieve a considerable improvement of your physical resistance and your health, some aspects of how to find the most efficient amount of training should be followed:
If you have not been physically active for a longer period of time and also to avoid health risks, you should consult your general physician before starting to exercise.

Intensity
To achieve maximum results, the right intensity has to be chosen.
The heart rate is used as guideline.
As a rule of thumb the following formula is commonly used:

Maximum pulse rate = 220 - Age

While exercising, the pulse rate should always be between 60% - 85% of the maximum pulse rate.
For your personal training rates, please see the attached pulse rate chart on page 22.

When starting to exercise, you should keep your rate at 60% of your maximum pulse rate in the first couple of weeks.
With increasing improvement of fitness, the pulse rate should be slowly increased to 85% of your maximum pulse rate.

Fat burning

The body starts to burn fat at approx. 60% of the maximum pulse rate.
To reach an optimum at burning rate, it is advisable to keep the pulse rate between 60% – 70% of the maximum pulse rate.
The optimum training amount consists of three workouts per week 30 minutes each.

Example:
You are 52 years of age and would like to start exercising.
Maximum pulse rate = 220 - 52(age) = 168 pulse/min
Minimum pulse rate = 168 x 0.6 = 101 pulse/min
Highest pulse rate = 168 x 0.7 = 117 pulse/min

During the first week, it is advisable to start with a pulse rate of 101. Afterwards, increase it to 117.

With increasing improvement of fitness, the training intensity should be increased to 70% - 85% of your maximum pulse rate.
Increasing the resistance, a higher frequency or longer training periods can do this.

Training Organization

Warm-up:
Before training you should warm-up for 5-10 minutes.

Training session:
During the actual training, a rate of 70% -85% of the maximum pulse rate should be chosen.
The time-length of your training session can be calculated with the following rule of thumb:

- daily training session: approx. 10 min. per unit
- 2-3 x per week: approx. 30 min. per unit
- 1-2 x per week: approx. 60 min. per unit

Cool down:
To introduce an effective cool-down of muscles and metabolism, the intensity should be drastically decreased during the last 5 – 10 minutes.
Stretching is also helpful for the prevention of muscle aches.

Success
Even after a short period of regular exercises, you will notice that you constantly have to increase the resistance to reach your optimum pulse rate.
The units will be continuously easier and you will feel a lot fitter during your normal day.

For this achievement, you should motivate yourself to exercise regularly.
Choose fixed hours for your training session and do not start training too aggressively.

An old quote amongst sportsmen says:
"The most difficult thing about training is to start it."

Wish you have a lot of fun and success with your bike,

Parts List   GB

No.	Description	Quantity
1	Main frame	1
2	Front stabilizer	1
3	Rear stabilizer	1
4	Handlebar post	1
5	Oval fix post	1
6	Swing bar – right	1
7	Swing bar – left	1
8	U-plate (for pedal bar)	2
9	Pedal bar	2
10	Cross bar	2
11	Protector (for flywheel)	2
12	Rear stabilizer cap	2
13	Pedal (L & R)	1
14	Hand pulse sensor wire	1
15	Computer	1
16	Hand pulse sensor	2
17	Computer cable (lower)	1
18	Computer cable (upper)	1
19	Sensor wire	1
20	Tension control cable	1
21	End caps (for swing bar)	2
22	Fastener (for swing bar)	4
23	Sleeve (for swing bar)	2
24	Caps (for swing bar)	2
25	Sleeve (for pedal bar)	4
26	Square cap (for pedal bar)	2
27	Flywheel	1
28	Steel bearing (for cross bar)	2
29	Fastener (for swing bar)	4
30	Washer (for cross bar)	1
31	Carriage bolt (for stabilizer)	4
32	Cap nut (for stabilizer)	4
33	Washer (for stabilizer & U-plate)	8
34	Bolt (for U-plate & swing bar)	4
35	Washer (for U-plate)	2
36	Washer (for pedal)	12
37	Bolt (for pedal)	6
38	Nut (for pedal)	6
39	Bolt (for pedal bar)	2
40	Nut (for pedal bar & idle wheel)	3
41	Bolt (for u-plate)	2
42	Nut (for u-plate)	2
43	Bolt (for idle wheel)	1
44	Washer (for flywheel)	3
45	Nut (for belt adjuster set)	2
46	Bolt (for sensor holder)	1

47	Screw (for cross bar)	8
48	Screw (for chain cover)	4
49	Hex. bolt (for handlebar post)	6
50	Screw (for hand pulse sensor)	2
51	Washer (for belt adjustor set & pedal par)	4
52	Belt adjuster set	2
53	Chain cover (L & R)	1
54	Disk	2
55	Bolt (for oval fix post)	2
56	Allen key wrench	1
57	Screw driver	1
58	Ring (for handlebar post)	1
59	DC wire	1
60	Fixture (for sensor wire)	1
61	Sleeve (for idle wheel)	1
62	Idle wheel	1
63	Foam grip (for swing bar)	1
64	Foam grip (for oval fix post)	1
65	Belt wheel	1
66	C –ring (for cross bar)	1
67	Magnet	1
68	Bolt (for computer)	4
69	Washer (for cross bar)	1
70	Screw (for chain cover)	4
71	Washer (for handlebar post swing bar)	8
72	Nut (for cross bar)	2
73	Cap (for disk)	2
74	Washer (for swing bar)	2
75	Washer (for cross bar)	2
76	Front stabilizer cap	2
77	Sleeve (for pedal post)	4
78	Sleeve (for pedal post)	4
79	Bolt (for motor)	4
80	Adaptor	1
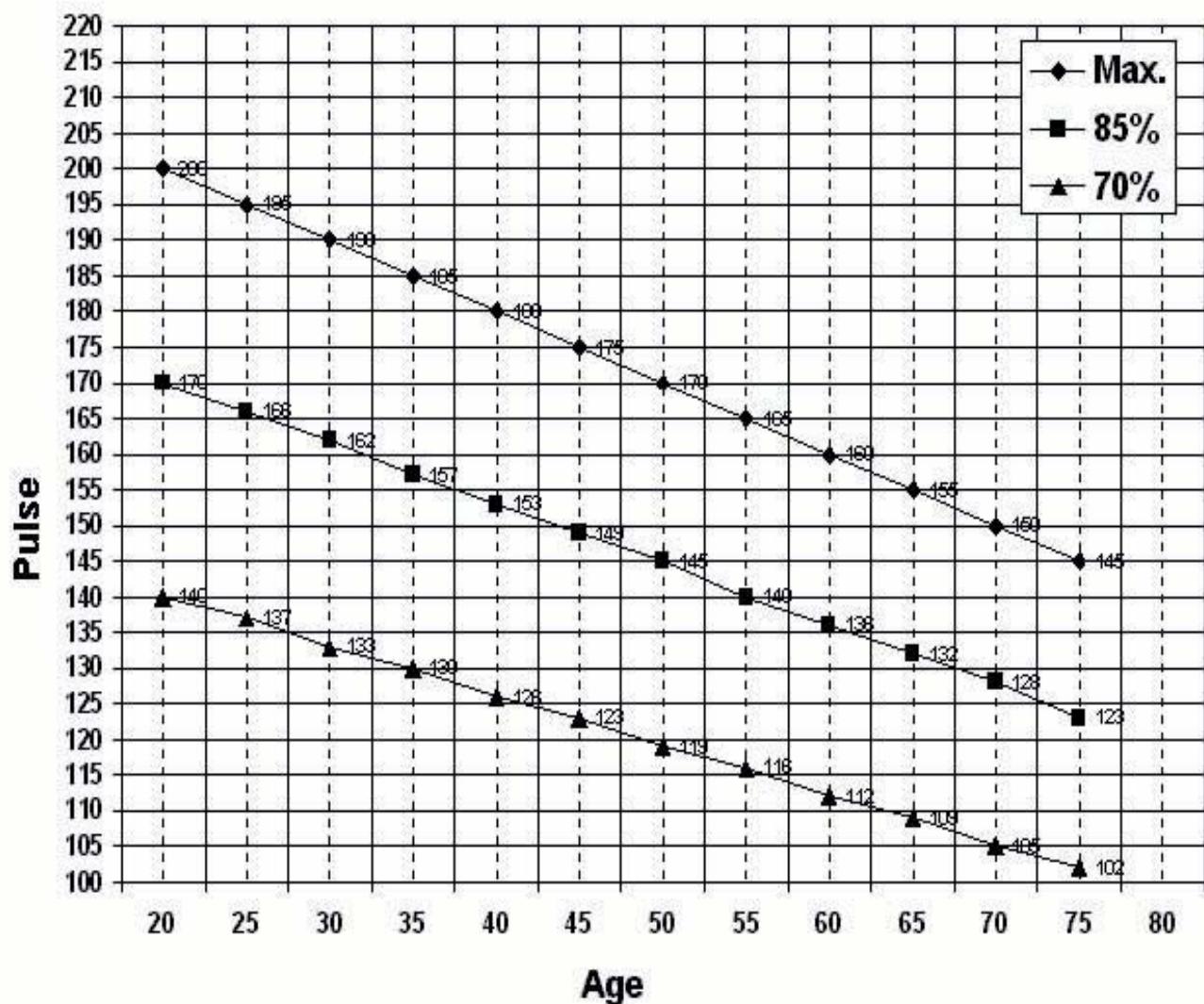
The owner's manual is only for the customer reference.